



## NATURAL HEALTH PRODUCT

### POMEGRANATE – *PUNICA GRANATUM*

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

#### Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion.
- ▶ The solidus (/) indicates that the terms and/or the statements are synonymous. Either term or statement may be selected by the applicant.

#### Date

August 12, 2013

#### Proper name(s)

*Punica granatum* L. (Lythraceae) (USDA 1995)

#### Common name(s)

Pomegranate (USDA 1995)

#### Source material(s)

- ▶ Fruit (Duke 2001)
- ▶ Aril (Duke 2001)

#### Route(s) of administration

Oral

#### Dosage form(s)

- ▶ The acceptable pharmaceutical dosage forms include, but are not limited to capsules, chewables (e.g. gummies, tablets), liquids, powders, strips or tablets.
- ▶ This monograph is not intended to include foods or food-like dosage forms such as bars, chewing gums or beverages.



**Use(s) or Purpose(s)** Statement(s) to the effect of

Provides antioxidants (Herber et al. 2007; Rosenblat et al. 2006; Aviram et al. 2004; Aviram et al. 2000).

**Dose(s)**

**Subpopulation(s)**

Adults ( $\geq 18$  years)

**Quantity(ies)**

*Dry, Powdered, Non-standardized extracts & Standardized Extracts:*  
Not to exceed 20 g of Quantity Crude Equivalent (QCE), per day (CNF 2012).

**Duration of use**

No statement required.

**Risk information**

**Caution(s) and warning(s)**

No statement required.

**Contraindication(s)**

No statement required.

**Known adverse reaction(s)**

No statement required.

**Non-medicinal ingredients**

Must be chosen from the current NHPD *Natural Health Products Ingredients Database* (NHPID) and must meet the limitations outlined in the database.



## Storage conditions

No statement required.

## Specifications

- ▶ The finished product specifications must be established in accordance with the requirements described in the NHPD *Quality of Natural Health Products Guide*.
- ▶ The medicinal ingredient must comply with the requirements outlined in the *Natural Health Products Ingredients Database* (NHPID).

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